

# Effectiveness of Bibliotherapy on Self Esteem among Adolescents in MBD School Journa Morena

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## ABSTRACT

This present study was done under the topic “A Quasi experimental study to evaluate the effectiveness of bibliotherapy on self esteem among adolescents in MBD School Journa, Morena” Objectives of the study are to assess the pretest knowledge regarding pretest and post test score of self esteem among adolescents, to construct the bibliotherapy on self esteem, to findout the effectiveness of bibliotherapy on self esteem of experimental group, to findout the association between pretest self esteem with selected demographic variables. The conceptual framework was done based on Ernestine Wiedenbach-helping art of clinical nursing theory. To accomplish the objectives of the study, quantitative research with quasi experimental design was adopted. In this study, the sample consists of 60 adolescents from MBD school, Journa, Morena who fulfilled the inclusion criteria for the study. The simple random sampling technique was used for this study. A structured Socio demographic variable, and Rosenberg self esteem scale used for data collection. Section A was socio-demographic data, and the section –B was Rosenberg self esteem scale used for data collection. Pilot study was conducted on self esteem among adolescents of selected school from 01-August-2021 to 31 August 2021 to assess the tools feasibility and it was found to be feasible to collect the required information. For the main study the data collected from 01-November-2021 to 30-November-2021 from adolescents who fulfilled the inclusion criteria. The collected data was tabulated according to various parameters and the complete analysis was done with descriptive and inferential statistics. Study revealed that In experimental group All category samples are 20% each, Male 50% and female 50%, Most of the participants belongs to 12th class 36.7%, Most of the participants belongs to joint family 63.3% Most of samples father had primary education 33.3%, Most of samples father had primary education 36.7%, most of the participants family income is less than 5000Rs (43.3%), most of the participants had either no siblings or 1 sibling (33.3%), in control group All category samples are 20% each, Male 50% and female 50%, Most of the participants belongs to 12th class 36.7%, Most of the participants belongs to joint family 63.3%, Most of samples father had secondary education 33.3%, Most of samples father had no formal education 36.7%, most of the participants family income is less than 5000Rs (40%), most of the participants had 1 sibling 33.3%. In experimental group pretest 18 participants had low self esteem, 9 had normal self esteem and only 3 had high self esteem. And in post-test 18 participants had normal self esteem, 12 had high self esteem. In control group pretest 15 participants had low self esteem, 13 had normal self esteem and only 2 had high self esteem. And in post-test 15 participants had low self esteem, 13 had normal self esteem, only 3 had high self esteem. To find out the effectiveness of bibliotherapy on self esteem among experimental group using paired t test, the obtained value was 12.06 which was higher than table value of 2.0 at 0.05 level of significance hence hypotheses 1 was accepted ie there is a significant difference between pretest and post-test self esteem score among the adolescents. It means bibliotherapy was effective to improve self esteem level among the experimental group participants. The calculated chi square value revealed that pretest self esteem had No significant association with any one of selected demographic variables, hence hypotheses 2 was rejected. There was no significant association with pretest self esteem of participant with selected demographic variables.

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**KEYWORDS:** bibliotherapy, self esteem, adolescents, MBD school, Morena

## INTRODUCTION

Adolescence is a stage of vulnerability to risk behaviours, due to a complex interaction of biological, psychological and social factors, including the brain's sensitivity to emotions generated by rewarding experiences, the search for identity and the desire for independence, the lack of tools to manage different emotions and, finally, the adolescent's permeability to the example offered by their primary caregiver. These factors can be defined as risk factors, understood as individual attributes and/or characteristics, conditions and/or environmental contexts that increase the likelihood of developing risk behaviours.

Reading is a dynamic process and it can be therapeutic. When we read a good book, we bring in our own needs and problems to the reading experience while interpreting the words according to our own frame of reference. We become involved with the characters and we could relate to them.

Self-esteem is a crucial and is a corner stone of a positive attitude towards living. It is very important because it affects how they relate to other people. It allows them to live life to their potential. Low self-esteem causes negative thoughts which mean that they are likely to give up easily rather than facing challenges and adolescents with low self esteem are more likely to do poor in their studies.

## RESEARCH PROBLEM STATEMENT

A Quasi experimental study to evaluate the effectiveness of bibliotherapy on self esteem among adolescents in Mbd school Journa Morena.

## OBJECTIVES:-

- To assess the pretest and post score of self esteem among adolescents
- To construct bibliotherapy on self esteem
- To find out effectiveness of bibliotherapy on self esteem among adolescents.
- To find out association between the pretest self esteem score with selected demographic variables of participants.

## Hypothesis

- **H1:** There will be a significant difference between pretest and post test self esteem among

the participants.

- **H2:** There will be a significant association between pretest self esteem with selected demographic variables of the participants.

## DELIMITATION

- The study period is limited to 4-6 weeks.
- Study included school students between the age of 12-21 years.
- Study size is limited to approx 60 (after power analysis)
- The study area is limited to Mbd school Journa Morena.

## Methodology

The conceptual framework was done based on Ernestine Wiedenbach-helping art of clinical nursing theory. To accomplish the objectives of the study, quantitative research with quasi experimental design was adopted. In this study, the sample consists of 60 adolescents from MBD school, Journa, Morena who fulfilled the inclusion criteria for the study. The simple random sampling technique was used for this study. A structured Socio demographic variable, and Rosenberg self esteem scale used for data collection. Section A was socio-demographic data, and the section –B was Rosenberg self esteem scale used for data collection. Pilot study was conducted on self esteem among adolescents of selected school from 01-August-2021 to 31 August 2021 to assess the tools feasibility and it was found to be feasible to collect the required information. For the main study the data collected from 01-November-2021 to 30-November-2021 from adolescents who fulfilled the inclusion criteria.

## Inclusion criteria

- Adolescent studying in selected school
- Adolescent between the age of 12-21 years
- Both male and female gender selected.

## Exclusion criteria

- adolescents who are not willing to participate.
- Individual below the age of 12 and above the age of 21 years.
- Adolescents with any psychological disorder like anxiety, depression were excluded.

## Analysis and interpretations

### Section I: - Categorization of experimental group based on demographic variables

**Table no. 1 Categorization of experimental group based on demographic variables**

Sl.no	Demographic variables	frequency	percentage
1	<b>Age in year</b>		
	12-13 year	6	20
	14-15 year	6	20
	16-17 year	6	20

	18-19 year	6	20
	20-21 year	6	20
2	<b>Gender</b>		
	Male	15	50
	Female	15	50
3	<b>Class of study</b>		
	6 <sup>th</sup> -7 <sup>th</sup>	6	20
	8 <sup>th</sup> -9 <sup>th</sup>	6	20
	10 <sup>th</sup> -11 <sup>th</sup>	7	23.3
	12 <sup>th</sup>	11	36.7
4	<b>Type of family</b>		
	Nuclear	11	36.7
	Joint	19	63.3
5	<b>Father education</b>		
	No formal education	8	26.7
	Primary education	10	33.3
	Secondary education	9	30
	Graduation and above	3	10
6	<b>Mother Educational qualifications</b>		
	No formal education	7	23.3
	Primary education	11	36.7
	Secondary education	10	33.3
	Graduation and above	2	6.7
7	<b>Monthly family income</b>		
	Less than 5000 Rs	13	43.3
	5001-10000 Rs	6	20
	10001 -20000 Rs	7	23.3
	20001 and above	4	13.3
8	<b>Number of siblings</b>		
	No	10	33.3
	1	10	33.3
	2	8	26.7
	3 or more	2	6.7

## Section II: Categorization of control group based on demographic variables.

**Table no 2: Categorization of control group based on demographic variables**

Sl. no	Demographic variables	frequency	percentage
1	<b>Age in year</b>		
	12-13 year	6	20
	14-15 year	6	20
	16-17 year	6	20
	18-19 year	6	20
	20-21 year	6	20
2	<b>Gender</b>		
	Male	15	50
	Female	15	50
3	<b>Class of study</b>		
	6 <sup>th</sup> -7 <sup>th</sup>	6	20
	8 <sup>th</sup> -9 <sup>th</sup>	6	20
	10 <sup>th</sup> -11 <sup>th</sup>	7	23.3
	12 <sup>th</sup>	11	36.7
4	<b>Type of family</b>		
	Nuclear	11	36.7
	Joint	19	63.3

5	<b>Father education</b>		
	No formal education	8	26.7
	Primary education	7	23.3
	Secondary education	10	33.3
	Graduation and above	5	16.7
6	<b>Mother Educational qualifications</b>		
	No formal education	11	36.7
	Primary education	9	30
	Secondary education	7	23.3
	Graduation and above	3	10
7	<b>Monthly family income</b>		
	Less than 5000 Rs	12	40
	5001-10000 Rs	7	23.3
	10001 -20000 Rs	10	33.3
	20001 and above	1	3.3
8	<b>Number of siblings</b>		
	No	9	30
	1	10	33.3
	2	8	26.7
	3 or more	3	10

**Section III: - Categorization of samples based on pretest and post test score of experimental and control group.**

**Table no 3: - Distribution of experimental sample based on pretest and post-test self esteem**

Self esteem of adolescents	Low self esteem	Normal self esteem	High self esteem
Pretest	18	9	3
Post test	00	18	12

**Table no 4: - Distribution of control sample based on pretest and post-test self esteem distribution of control sample based on pretest and post-test self esteem**

Self esteem of adolescents	Low self esteem	Normal self esteem	High self esteem
Pretest	15	13	2
Post test	15	13	2

**Section IV: Assess the effectiveness of Bibliotherapy on self esteem among adolescents of experimental group.**

H1: There will be significant difference between pretest and post test score on self esteem of experimental group.

H0: There will be no significant difference between pretest and post test score on self esteem of experimental group.

To find out the effectiveness of bibliotherapy on self esteem among experimental group using paired t test, the obtained value was 12.06 which was higher than table value of 2.0 at 0.05 level of significance hence hypotheses 1 was accepted ie there is a significant difference between pretest and post-test self esteem score among the adolescents. It means bibliotherapy was effective to improve self esteem level among the experimental group participants.

**Section V: - To find out an association between pretest score of participants self esteem with selected demographic variables.**

H2: - There will be significant association between pretest score on self esteem of participants with selected demographic variables.

**Table 5: - Chi square test used to find out the association between pretest score on self esteem of participants with selected demographic variables..**

Sl. no	Demographic variables	Pretest self esteem			Obtained value	Table value	interference
		low	Normal	High			
1	<b>Age in year</b>						
	12-13 year	7	5	0	6.75	15.50	NS
	14-15 year	7	5	0			
	16-17 year	7	4	1			
	18-19 year	5	4	3			
	20-21 year	7	4	1			
2	<b>Gender</b>						
	Male	16	11	3	.230	5.99	NS
	Female	17	11	2			
3	<b>Class of study</b>						
	6 <sup>th</sup> -7 <sup>th</sup> std	7	5	0	3.91	12.59	NS
	8 <sup>th</sup> -9 <sup>th</sup> std	7	5	0			
	10 <sup>th</sup> -11 <sup>th</sup> std	8	4	2			
	12 <sup>th</sup> std	11	8	3			
4	<b>Type of family</b>						
	Nuclear family	12	10	0	3.62	5.99	NS
	Joint family	21	12	5			
5	<b>Father education</b>						
	No formal education	8	6	2	3.43	12.59	NS
	Primary education	9	8	0			
	Secondary education	12	5	2			
	Graduation and above	4	3	1			
6	<b>Mother Educational qualifications</b>						
	No formal education	9	6	3	5.63	12.59	NS
	Primary education	10	8	2			
	Secondary education	12	5	0			
	Graduation and above	2	3	0			
7	<b>Monthly family income</b>						
	Less than 5000 Rs	13	10	2	1.12	12.59	NS
	5001-10000 Rs	7	5	1			
	10001-20000 Rs	10	5	2			
	20001 and above Rs	3	2	0			
8	<b>Number of siblings</b>						
	No	12	5	2	5.97	12.59	NS
	1	13	7	0			
	2	6	8	2			
	3 or more	2	2	1			

**Conclusion**

Study revealed that bibliotherapy was effective to bring high self esteem among the adolescents.

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